

FULLY FUNDED Mental Wellbeing Training

Hi, I'm Neil the 'Connect 5' Trainer for n-compass! 'Connect 5' is an educational input designed to improve confidence in engaging in conversations about mental wellbeing.

All courses are FULLY FUNDED, so at no cost to residents and workers in Fylde and Wyre. There is no pressure on anybody to do role-plays or share anything and I aim to make all sessions engaging, useful and enjoyable.



Connect 5 - Complete



FACE-TO-FACE

Exclusive session for your team at your location on your preferred date

9:30am - 3:30pm

6-30 attendees



ONLINE

Third Wednesday of each month via Zoom

9:30am - 3:30pm

4-8 attendees

Please get in touch with Neil to book or to discuss options

Email: neil.sladen@n-compass.org.uk | Text/call: 07734 872529

“ Really enjoyed the day. Refreshing in approach and looked at wellbeing in a completely different way. I learnt a lot!!
Thank you! ”

- HMP staff member

“ I am a GP so naturally I am reasonably well versed with consulting about mental health. However, the course was excellent! The speaker was inspiring and engaging. Many thanks! ”

- GP